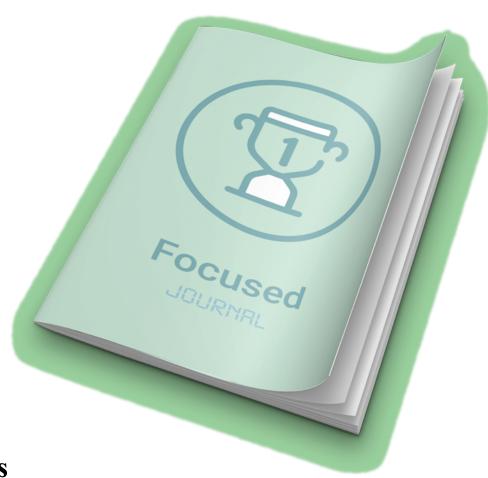
Micronutrient Grocery List

Your Ultimate Guide to Stocking a Nutrient-Dense Kitchen



Vitamins

Vitamin A

- Vegetables: Carrots, sweet potatoes, spinach, kale, red bell peppers
- Fruits: Mangoes, cantaloupe, apricots
- Animal Products: Egg yolks, liver

Vitamin C

- Fruits: Oranges, strawberries, kiwi, guava, papaya
- Vegetables: Broccoli, Brussels sprouts, red cabbage

Vitamin D

- Dairy/Alternatives: Fortified milk, fortified plant milk
- Other Sources: Egg yolks, salmon, tuna, mushrooms

Vitamin E

- Nuts & Seeds: Almonds, sunflower seeds, hazelnuts
- Oils: Sunflower oil, wheat germ oil
- Vegetables: Spinach, Swiss chard

Vitamin K

- Leafy Greens: Kale, collard greens, spinach, broccoli
- Fermented Foods: Natto, sauerkraut

Minerals

Calcium

- Dairy/Alternatives: Milk, yogurt, cheese, fortified plant milk
- Vegetables: Broccoli, bok choy, kale

Iron

- Animal Sources: Beef, chicken, turkey
- Plant Sources: Lentils, chickpeas, tofu, spinach, fortified cereals

Magnesium

- Nuts & Seeds: Almonds, cashews, pumpkin seeds
- Grains: Quinoa, whole wheat bread
- Vegetables: Spinach, Swiss chard

Zinc

• Animal Sources: Beef, chicken, seafood (especially oysters)

• Plant Sources: Pumpkin seeds, chickpeas, fortified cereals

Potassium

• Fruits: Bananas, oranges, avocados, dates

• Vegetables: Potatoes, sweet potatoes, spinach, mushrooms

Antioxidants & Phytochemicals

• Berries: Blueberries, raspberries, blackberries, cranberries

• Tea: Green tea, black tea, herbal tea

• Spices: Turmeric, ginger, cinnamon

• Dark Chocolate: (85% cocoa or higher)

Healthy Grocery Shopping Tips

- 1. Stick to the outer aisles of the grocery store where fresh produce, dairy, and meats are usually located.
- 2. Buy organic and locally sourced items when possible to reduce exposure to pesticides.
- 3. Aim for a rainbow on your plate—more colors mean a greater variety of nutrients!

